Remittances surged
8.8% to $1.4B in Sept.
BUSINESS / B1



In China, Obama pushes
freedoms, open Internet
WORLD / A22

Teachers' exams results out; complete list at Inquirer.net

Cojuangcos meet today to discuss fate of Luisita

By Gil Cabacungan Jr., Christine Avendaño and Tonette Orejas *Inquirer Central Luzon*

PRESIDENTIAL CANDIDATE SEN. BENIGNO "Noynoy" Aquino III should not take it personally when farmers confront him with the issue of the long-delayed implementation of agrarian reform in his family's Hacienda Luisita in Tarlac, Bayan Muna Rep. Satur Ocampo yesterday said.

COJUANGCOS A11

PHILIPPINE DAILY
INQUIRER
BALANCED NEWS, FEARLESS VIEWS

Tuesday, November 17, 2009 ★★ 5 sections / Vol. 24 / No. 342 P18

Noynoy still overwhelming favorite—Pulse

THE AQUINO-ROXAS TANDEM OF THE Liberal Party would have emerged victorious if the national elections were held last month, a Pulse Asia survey showed.

Sen. Benigno "Noynoy" Aquino III led all potential presidential aspirants by a wide margin, with 44 percent of respondents saying they would vote for him.

He was followed by Sen. Manuel "Manny" Villar Jr. with 19 percent, down from 23 percent in August.

Reached for comment, Aquino said he

NOYNOY A6

Vilma, Ralph join Noy-Mar team, boost LP star power

By Bayani San Diego Jr.
Entertainment

THE NOYNOY AND MAR SHOW yesterday got an added dose of celebrity glitz with ex-Sen. Ralph Recto and his wife Vilma Santos joining the Liberal Party (LP).

Making the jump from the administration coalition, under whose banner the couple ran in the 2007 elections, isn't become the popular actress and Batangas governor will star in an upcoming blockbuster celebrating the life of the late President Corazon Aquino.

"For next year's presidential election, we want a political party that can promise an administration that is competent and truthful—one that can offer solutions to our nation's problems," Santos told the Inquirer yesterday.

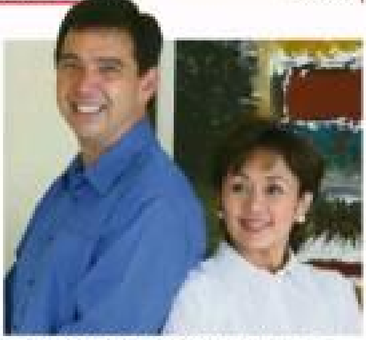
"I'm not just jumping on the bandwagon," she said, dismissing suggestions that the decision was prompted by her friendship with Kris Aquino or Sharon Cuneta, wife of Sen. Francis Pangilinan, an LP stalwart.

"I made this choice not as an actress, but as a public servant. This is real life. I have an obligation to the people of Batangas."

The multiawarded actress said she has been inspired by the Liberal Party's standard-bearer, Sen. Benigno "Noynoy" Aquino III, and his running mate, Sen. Manuel "Mar" Roxas II.

Recto, 45, who resigned on Aug. 16 as director general of the National Economic and Development Authority, is joining the LP's senatorial slate in the May elections. This was an

VILMA A6



RALPH RECTO AND VILMA SANTOS: A big loss to the ruling administration party.

INQUIRER PHOTO

Loren says yes to Manny

Team-up finalized at Sunday dinner

By Michael Lim Ubac

IT WAS A VICTORIOUS day for two Mannys.

On the day Manny Pacquiao made history as the only fighter to dominate seven world boxing divisions, Sen. Manuel "Manny" Villar Jr. quietly captured the heart of a woman he wanted to be his vice presidential running mate.

At a private dinner in Makati City on Sunday, Sen. Loren Legarda said yes to the standard-bearer of the Nacionalista Party (NP), who was with his spouse Cynthia, the representative of Las Piñas.

Villar will personally make the announcement today (Tuesday) at 3:30 p.m. at the Laurel House, his residence, on Shaw Boulevard, Mandaluyong.

Legarda confirmed this to the Inquirer in an interview shortly after the dinner, which lasted three hours.

LOREN A10



UNFLAGGING ADMIRATION As election fever heats up in their home country, Filipinos in Las Vegas proclaim their boxing idol as their choice for the highest office in the land following the Pacquiao-Cotto fight on Sunday.

$82M seen from Pacquiao-Cotto pay-per-view

By Francis T.J. Ochoa
Assistant Sports Editor

LOS ANGELES—DO THE math, start counting.

Manny Pacquiao is expecting yet another cash windfall after successfully making history following his 12th round technical knockout of Miguel Cotto at the MGM Grand's Garden Arena that looked more like a demolition job.

Pacquiao earned close to $13 million from his lion's share of the purse and is expected to make much more from his fat slice of the pay-per-view (PPV) pie.

Experts are saying that the Pacquiao-Cotto bout could generate at least 1.5 million PPV buys, leading to a gross of $82,425,000, after taxes.

Pacquiao is again expected to get a huge share of that pie through his own promotional outfit, MP Promotions.

"The signs are good. We really won't know until we get the preliminary results on pay-per-view sales on Wednesday," said Top Rank chief Bob Arum, who promoted the fight dubbed "Firepower".

Initial reports, however, indicated that the PPV hits for the Pacquiao-Cotto bout could exceed the 1 million buys racked in by the fight that saw Floyd Mayweather Jr. outclass Juan Manuel Marquez in September.

EARNINGS A4

'Henpecked husband is no rights violator'

By Jocelyn R. Uy

ACTING DEFENSE SECRETARY Norberto Gonzales says there's no way a "henpecked husband" can be a human rights violator. And he is talking about himself.

Gilbert Teodoro Jr. yesterday formally relinquished the defense portfolio to Gonzales, the national security adviser, to prepare for his presidential candidacy next year as the administration party's standard-bearer.

Teodoro said the Department of National Defense was in "good hands" with Gonzales.

In a press conference, Gonzales declared that ending the armed rebellion in the next seven months before President Macapagal-Arroyo steps down in June 2010 would be among his major priorities.

"The President has not given us a new order with respect to ending the armed rebellion by the end of her term so that to me is a major focus because we have seven months left," Gonzales said.

HENPECKED A10

12 senators clear Villar in C-5 probe

TWELVE SENATORS HAVE signed a resolution seeking the dismissal of the complaint against Sen. Manuel Villar Jr. in connection with the alleged double funding and diversion of the C-5 Road extension project to benefit his real estate empire.

12 SENATORS A6

Doronila's autobio best in book tilt

By Philip C. Tubeza and Nuel S. De Vera

FOR HIS ENGROSSING accounts of the upheavals in the 1960s—from the bloody communist coup attempt in Jakarta to the Vietnam War—journalist Amando Doronila earned top honors in this year's edition of the prestigious National Book Awards.

Doronila, an Inquirer columnist and editorial consultant, won in the Best Autobiography/Biography category for his book "Afro-Asia in Upheaval: A Memoir of Front-line Report-

DORONILA'S B8

Comelec: Many gays in Congress; no need for Ang Ladlad



By Philip C. Tubeza

WILL THE GAYS IN CONGRESS please stand up?

Claiming that gays and lesbians were already well-represented in Congress, Commission on Elections (Comelec) Commissioner Nicodemo Ferrer yesterday defended the poll body's decision to deny Ang Ladlad's petition to run as a party-list group in the May 2010 elections.

Ferrer dismissed claims that the resolution imposed the Comelec commissioners' religious beliefs on the public.

He urged Ang Ladlad, a gay group, to file a motion for reconsideration so that the issue could be settled "once and for all."

"It will be raised to the en banc automatically," the commissioner said. Comelec Chair Jose Melo said the poll body may even have to schedule the motion for a hearing to give Ang Ladlad an opportunity to express its views, according to Ferrer.

Ferrer said the group was not underrepresented. "Actually, [Ang Ladlad is] over-represent-

COMELEC A10

Second FrontPage



THEY CUT UP TO HERE. [illegible]

Oil price cap lifted; discounts vowed

By TJ Burgonio and Abigail Ho

PRESIDENT MACAPAGAL-ARROYO YESTERDAY lifted the cap on fuel prices as she directed a task force to implement the package of proposals promised by oil players, including discounts and staggered price adjustments, in Luzon.

[illegible]

Appeals court halts Neri's suspension

Tutors press demand for more pay, security during 2010 elections

By Philip C. Tubeza

Storm aid comes up short

By Cynthia D. Balana

UN hails RP peacekeepers

Laurel forum set at Lyceum

Pacquiao shows greatness in small package



Palace advice to Pacman: Follow your heart

A different fighter

Bad advice

Frenetic style

Pacman's night

$82M seen from Pacquiao-Cotto pay-per-view

Huge demand

Huge fan base

Biggest pay day



THE DAILY GOSPEL

PHILIPPINE DAILY IN

Nothing wrong with hiring

By DJ Yap

Yuchengco wants San Juan lawyers out of libel case

By Norman Bordadora

Entitled to allowances, benefits

Noynoy still overwhelming favorite–Pulse Asia

[illegible]


AQUINO: 44 percent


VILLAR: 19 percent


ESCUDERO: 13 percent


ESTRADA: 11 percent

Escudero, Estrada, Teodoro

[illegible]

Roxas also leading

[illegible]

Senatorial race

[illegible]

Teodoro optimistic

[illegible]

12 senators clear Villar in C-5 probe

[illegible]

Vilma, Ralph join Noy-Mar team, boost LP star power

[illegible]

Consensus formula

[illegible]

Unity through inspiration

[illegible]


FORMER Sen. Franklin Drilon and Sen. Mar Roxas answer questions during Monday's press conference at the Liberal Party national directorate meeting in Quezon City.

No Edu complication

[illegible]

'A big loss'

[illegible]

Doronila's autobiography best in nat'l book tilt

[illegible]

'Right time and place'

[illegible]

Other winners

[illegible]

Remembering Fr. Bernad

[illegible]

DOH: There are no safe 'crackers

By Dona Z. Pazzibugan

ALTHOUGH THE number of firecracker injuries during the last holiday season was the lowest in the last four years, health authorities have warned the public against using firecrackers and fireworks to celebrate the coming Christmas and the New Year.

According to the Department of Health (DOH), there are no safe firecrackers and fireworks, including "kwitis" (sky rocket) and "luces" (sparklers) which children play with, thinking the bright sparks are harmless.

Hospital records show kwitis and luces were among the top five firecrackers that caused the most number of injuries during last year's Christmas and New Year's revelry.

"The seemingly harmless luces can burn up to 1,095 degrees Celsius or 18 times the boiling point of water," Health Secretary Francisco Duque III said Monday as he launched the DOH's annual campaign against firecrackers at the Tondo Sports Complex in Manila.

Severe injuries

He said the piccolo, which is supposed to be an illegal firecracker, was the No. 1 cause of injury during the last holiday season.

"It did not only cause minor injuries but also severe ones like rupturing the eyeball of a boy in Bicol," Duque said.

Very dangerous

The other top injury-causing firecrackers were the five star and homemade or altered firecrackers.

"These devices are not toys and are very dangerous especially in the hands of innocent children," Duque said.

He asked local executives to campaign against the use of firecrackers and fireworks in residential areas, and instead to designate areas where fireworks can be displayed and handled by people trained to use them.

Meanwhile, the top five firecrackers that caused blast burns with amputation were the homemade or altered firecrackers, 5-star, "sawa ra," "whistle bomb" and triangulo.

28 percent lower

Last year, hospitals reported 753 firecracker and fireworks-related injuries from Dec. 21, 2008, to Jan. 5, 2009, which authorities said was 280 cases or 28 percent lower than the average recorded cases in the past four years.

Mostly male

Last year's injury cases numbered 136 or 16 percent lower than was reported in 2007.

Most of those who were injured were male ranging in age from eight months to 74 years. About a third or 261 cases were 10 years old and younger.

The DOH noted that the number of injuries in each age group went down substantially compared to the previous year's, especially among the six to 10-year-olds and the 11- to 15-year-olds.

The DOH's 2008 fireworks injury surveillance report said 714 cases or 97 percent of the injuries were fireworks-related, 17 cases or 3 percent were caused by stray bullets, while two cases (0.28 percent) were caused by ingesting watusi.

The lone fatality in last year's revelry was a 28-year-old mother from Cotabato City who was a victim of indiscriminate firing.

Supt. Samuel Miranda of the National Capital Region Police Office said the police would confiscate all kegs, or improvised cannons made of plastic pipes.

Loren says yes to Manny





Henpecked husband is no rights violator—Gonzales



Comelec: Many gays in Congress; no need for Ang Ladlad

Cojuangcos meet today to discuss fate of Luisita

Luisita massacre

Deadline extended

Estate co-owners

Minimal stake

Illegal leasing

INQUIRER

OPINION

Peace pact can wait

EDITORIAL



'Stark treadmill'

VIEWPOINT

Juan L. Mercado

Impressions from a fight

THERE'S THE RUB

Conrado de Quiros

Dionisia is right: Pacman should retire

Political Tidbits



Belinda Olivares-Cunanan

Retire now, Manny

At Large



Rina Jimenez-David

Pacman, BisDak!

Newsstand



John Nery

After the storm

Young Blood

Johanna Moule Morden

Notice to Youngblood contributors

They Said

Ashamed

ARMM woes an embarrassment

LETTERS

Migrante to Comelec: Be transparent



No power grab at BIR

GSIS message was legit

Stinking garbage in Taguig

Rent out bikes with LRT

Across the NATION

Assistant Editor Tony Bergonia

CamSur gov, board slam dam plan

PILI, CAMARINES SUR—GOV. LUIS RAYMUND "LRay" Villafuerte Jr. and the provincial board have criticized the proposed P700-million Libmanan-Cabusao Dam (LCD) in the first district of the province.

[illegible]

NEWSBRIEFS

■ MANILA

Priest on hunger strike

[illegible]

■ ROXAS CITY

Fire guts old church

[illegible]

■ CABANATUAN CITY

8 dead in mishap

[illegible]

■ LAGUNA

Cops nab frat men

[illegible]



[illegible]

Revive peace talks with NDF, Duterte asks national gov't

DAVAO CITY—[illegible]

Agno River experts to help stop Pangasinan flooding

BAGUIO CITY—[illegible]

LGUs to get share from P88.9B in mining taxes

BAGUIO CITY—[illegible]



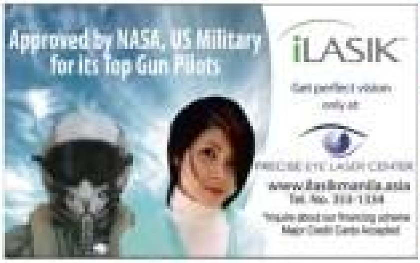
SPORTS

M'weather pitch rises; Marquez definitely out

By Francis T. J. Ochoa



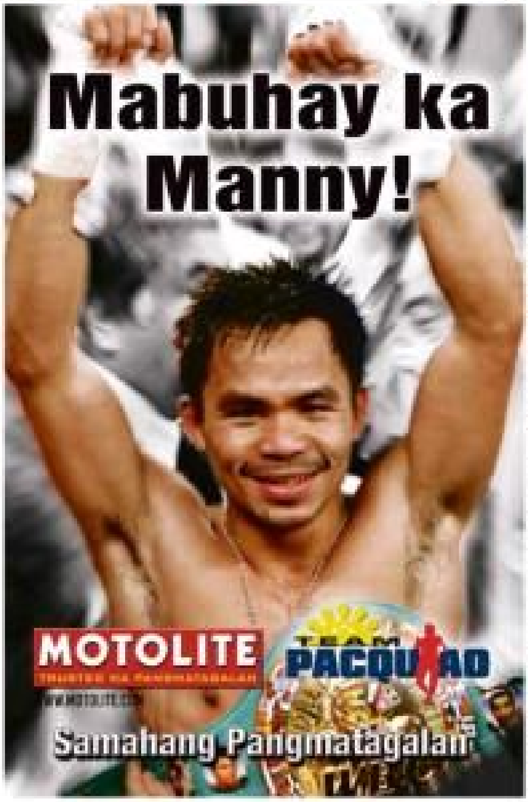
MANNY Pacquiao catches Miguel Cotto with a vicious left straight as the Puerto Rican tries to stay on his feet in the 12th round of their fight Saturday.



How the judges saw it

Why the fight didn't last earlier than fateful 12th

By Francis T. J. Ochoa



Gorres out of danger, recovering well in Vegas

Shakey's V-League semis picture clears up today

By Cedelf P. Tupas

Sportswatch

Wie an LPGA winner at last

Djokovic tops Paris Masters

Calma, Lim toast coach Ato



DRAGONS' import

Imports lift RP Patriots

Alas' aces destroy KL Dragons

Lakers booed at home in defeat to Rockets



ARIZA:

Pacquiao wins big in battle of concealment

Bare Eye



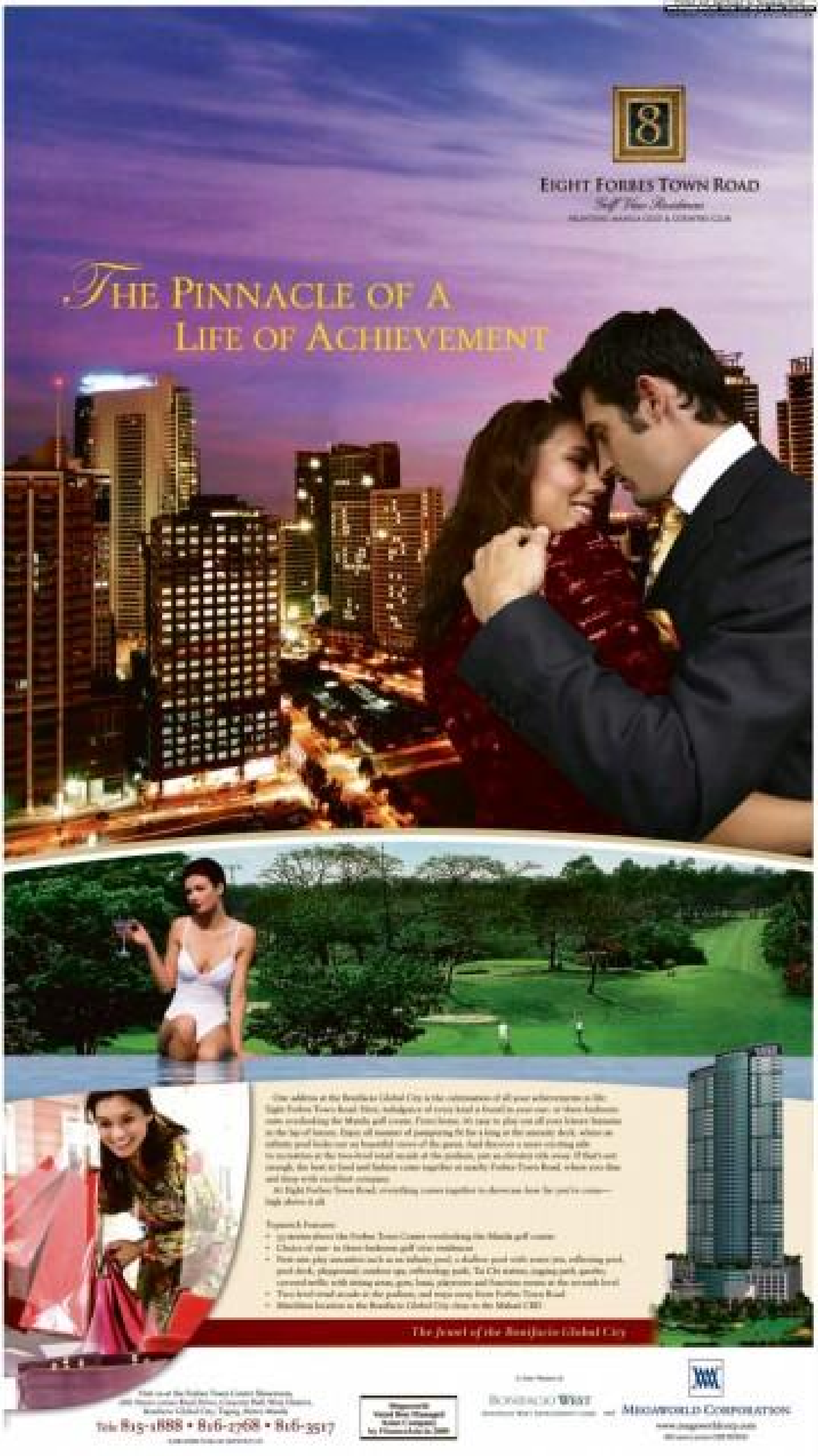
Recah Trinidad

PCA: Arcilla, Tierro sustain fiery forms

By Cedelf P. Tupas

135 fights up in Bakbakan

Vicious grappler stakes URCC title


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Editor: Abelardo S. Ulanday



COUNTING DOWN TO CHRISTMAS: With the holidays just around the corner, vendors of Christmas decorations set up shop at Araneta Avenue in Cubao, Quezon City.

Elderly consultant found dead in DILG building

AN ELDERLY CONSULTANT OF THE Department of Interior and Local Government (DILG) was found dead inside the building yesterday morning.

The body of Benron Obida, 83, who served as a consultant to Edgardo Abenina, assistant secretary for legislative liaison, was discovered in the women's toilet.

Case investigator PO2 Reynaldo Morcelo of the Quezon City Police District's Criminal Investigation and Detection Unit said their investigation was leaning toward natural causes instead of foul play.

"He most probably died of natural causes because there were no external injuries on his body," Morcelo said, adding that Obida reportedly suffered from an enlarged heart.

Concholita Dormido, a janitress, said she found the victim's body at around 8 a.m. when she went inside the toilet on the fourth floor of the DILG office at the corner of Edsa and Mapagmahal Street in Barangay Pinyahan, Quezon City.

Dormido said she was about to clean the toilet when she found Obida sprawled on the floor.

Chief Insp. Benjamin Silverio Jr., QCPD homicide section chief, said the victim was apparently washing dishes when he collapsed.

He added that the office of Obida, who lived in the DILG building, was near the toilet and that he evidently used it when no one else was around.

"We don't know what his exact cause of death was, but it is most likely an illness related to old age," Silverio said. *Julie M. Aurelio*



2 cops each per poll bet, says NCRPO

By Jeannette I. Andrade

NATIONAL CAPITAL REGION POLICE OFFICE (NCRPO) Director Roberto Rosales yesterday expressed puzzlement at why politicians felt it necessary to surround themselves with an army of police escorts when the last thing they should be worried about is their own safety.

"The reason they are elected into office is because people love them. If people love them, why should they feel threatened?" Rosales told reporters at the Rapt... [illegible]



ROSALES

Earlier, the Philippine National Police (PNP) asked the Commission on Elections (Comelec) to approve its recommendation that any political candidate found to have more than two police escorts should be disqualified.

"Technically, they (politicians) should not be given police escorts unless they are really under threat," Rosales stressed.

Two policemen, two guns

He added that even then, their security detail should be limited to just two policemen—one armed with a handgun and the other with a high-powered firearm.

"I am quite sure they do not need an army to guard them," Rosales said.

Based on the PNP's recommendations to Comelec, politicians should be allowed a total of only four escorts—two policemen and two private security men—and each of them must be in complete uniform at all times.

The wearing of a proper uniform, Rosales said, was necessary to ensure that these men could be "easily identified and to show that they are authorized to act as escorts to the politicians."

The NCRPO chief, meanwhile, said the Comelec had yet to act on the PNP's recommendations.

Still waiting for approval

"The [poll] body has to decide on that on basis but I am certain everything will be ironed out before the election period officially starts," Rosales told reporters.

The PNP made the recommendations to the poll body during a coordinating conference on Nov. 4.

During the meeting, police officials also called for the strict implementation of the nationwide gun ban which, when violated by candidates, could result in their disqualification.

The PNP had said its proposals were aimed at minimizing election-related violent incidents especially during the campaign period.

Did you know

BULLFIGHTING was introduced in Manila in 1902, with the first bullring established in Pasay. Spaniards scoffed at Manila's version of their favorite sport, saying bullfighters in the city only fought "rotten cattle and bulls."

Cyril L. Inquirer Research



Dennis Roldan sues trader for estafa, bad checks

By Julie M. Aurelio



BUSY MONDAY

QC grenade explosion blamed on politics

By Julie M. Aurelio

Man stabbed dead after he accuses teen of stealing his money

By Jeannette I. Andrade

MMDA deploys clearing team to Muntinlupa City

The consequence of fuel price control

ON TARGET

Ramon Tulfo



Cops arrest man with bad dollar, peso bills

By Julie M. Aurelio

Hotel officials called police

MetroBriefs

Early Christmas bonus for Caloocan workers



SEARCH FOR MOST OUTSTANDING COOP



Tears as PM Rudd says sorry to 'Forgotten Australians'

Common sex infections far too common in US, researchers say

Encephalitis kills 3 in India despite having been vaccinated



Suicide bomber kills 4 near Pakistani air base

Startup called Glyde challenges eBay, Amazon

Law vs misuse of genetic testing takes effect in US workplaces

Muslim faithful in Pakistan curse Taliban for 'unholy crusade'

The WORLD

In China, Obama pushes freedoms, open Internet

SHANGHAI—POLITELY BUT FIRMLY PRESSING for greater freedoms on China's own turf, President Barack Obama spoke against censorship on Monday, saying tough criticism of political leaders should be allowed and the free flow of information on the Internet "should be encouraged."



A US FLAG is draped in front of Tiananmen Gate in Beijing on Nov. 16, almost covering the face of China icon Mao Zedong, a sight unthinkable years ago, ahead of US President Barack Obama's first visit to the emerging superpower.

How does counsel defend Hasan?

Carter builds homes in Asia



FORMER US President Jimmy Carter takes part in building efforts during the "Jimmy & Rosalynn Carter Work Project 2009" in Chiang Mai province, north of Bangkok, on Nov. 16.

IN THIS ISSUE

- **SMIC earmarks P40.6B** for projects in 2010 /B3
- **3 rice tenders later,** RP expects 1.45M MT /B6

Business

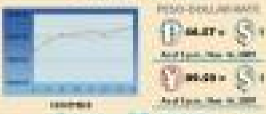
Remittances surged 8.8% to $1.4B in Sept.

Total for first nine months up 4.2% at $12.8B

REMITTANCES SENT TO THE PHILIPPINES surged in September as the sustained growth in demand for Filipino workers debunked earlier fears that the global economic crunch would slow down the inflow of money from abroad.

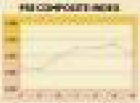
INDICATORS

CURRENCIES



STOCK MARKET

Stocks end lower



Farm output growth slowed to 1.55% in Q3

Trading frenzy

MARKET RIDER

Results of week 23

Bottom line spin

Splash readies sale of 30.3M treasury shares



Philippine Stock Exchange

Currencies

SMIC earmarks ₱40.6B for projects in 2010

Jan.-Sept. profit up 14% to ₱10.8 billion

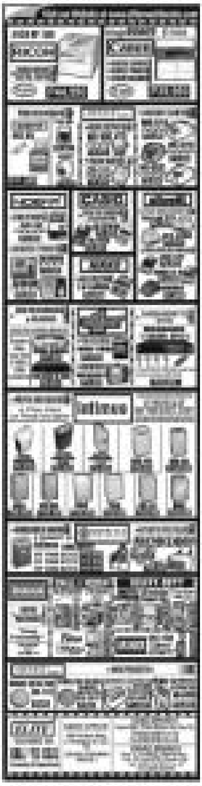
Metrobank 9-mo profit up 49%



RP projects boost TVI Q3 performance







Holcim 9-month net hits ₱2.8B



Lopez holding firm for power concerns posts ₱7.85B in profit

RP presses WTO complaint vs Thai duties on cigarette

Suspected collusion to undervalue shipments

SMIC earmarks ...

Farm output growth ...

Remittances ...

BUSINESS

3 rice tenders later, RP expects 1.45M MT

Rural, thrift banks trim exposure to soured loans

NSO reports drop in prices of building materials



RP exports to Japan down 29%

LIFESTYLE Wellness
Editor: Thelma Sioson San Juan

WELLNESS FOR MULTITASKING WORKING WOMEN IN THEIR 20S-50S

Focus on happy thoughts to relieve stress

By Anne A. Jambora

A HAPPIER WORKFORCE YIELDS greater productivity and creativity in the work environment. Aware that the modern-day woman leads a stressful life now more than ever, the Hongkong and Shanghai Banking Corp. (HSBC) developed workshops tailored to the concerns of today's multitasking women.

As a woman's needs are as complicated as her personality, HSBC brought in resource persons for its employees that discussed topics from vanity to health, fitness and wellness. The workshops aim not only to ensure the ladies' well-being but also to broaden their knowledge on many issues. Dubbed "Wellness for the Working Woman," the half-day event covered topics on skin care, stress management, yoga and breast cancer.

"Everyone wants to look like Hollywood stars but unfortunately not everyone can look like them," said dermatologist Dr. Aivee Aguilar-Teo, who talked about skin care for All Ages.

Dr. Teo warned about the belated skin care regimen of some women. Not even the most expensive skin care product and treatment can bring back some of the pores, she said, if applied too late in life.

Dr. Teo stressed the importance of prevention. Women in their 20s are lucky to be in the age where it is the "best time for their skin," but cautioned that by the time they near 30, cell formation drops by 50 percent. That means, she said, skin becomes more prone to wrinkles and other aging factors.

Sun exposure, smoking and alcohol intake all contribute to premature aging of the skin. Diet, hydration, sleep and exercise contribute to the skin's long-term appearance.

As the sun is the skin's biggest enemy, Dr. Teo advised wearing wide-brimmed hats, sunglasses and skin protection if out in the field for extended periods, and sunblock of SPF 15-30, depending on how long one stays under the sun. Anything beyond SPF 30, she said, doesn't have much difference anymore. "The key is to consistently reapply when needed. For extended sun exposure, she recommends [illegible] sunblock.

Those in their 20s need to develop the basic skin regimen of cleansing, moisturizing, exfoliation and sun protection, she said. For those in their 30s and 40s, however, a helpful addition is [illegible] creams to address [illegible] and pigmentation. Eye care, too, is good eye cream, Dr. Teo said, as the eye area is more prone to fine lines and wrinkles. Exfoliate skin to improve dullness and even skin tone.

"Collagen fiber has begun breaking down. What we consume at this age becomes more evident in the skin and body," she said.

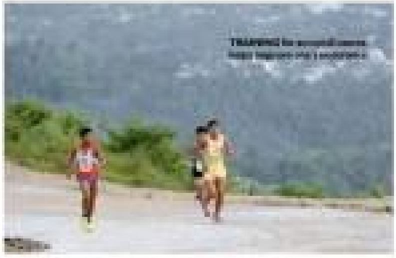


DR. AIVEE Aguilar-Teo

Losing unwanted fat

At an age where most women settle down to a family environment, losing unwanted fat and tightening the cellulite can be achieved through radio frequency or the ultrasound. Other options include Reform, Thermage and Rezon. Surgical treatments like tummy tuck and liposuction can also be considered.

The all-time low for collagen hits in the 50s. Skin elasticity is minimal and age begins to show predominantly on the face.



TRAINING for uphill course [illegible]

How to train for trail running

By Mitch Felipe-Mendoza
Contributor

A RECENT TRAIL RUN WAS HELD IN Legaspi City in the vicinity of Mayon Volcano. For the second time, Mayon Trail Run International was organized to draw local and foreign runners.

The organizers made it more challenging this time.

Of the 250 runners, less than a hundred reached the cut-off time of four hours for the 21-km race.

Running on mountains, muddy roads and rivers is a lot more different than the usual road race. Aside from the physical and mental benefits one gets from trail running, you can also enjoy nature and other scenic places.

Don't rush

At the start of every race, it is common to see participants running as fast as they can. Others can survive a road race by doing this strategy but it's different for trail running. One has to hold back a little, especially in the first part, for you will have to climb mountains, cross rivers and run on an uphill course throughout the race. This is how top racers survived the Mayon Trail Race... like [illegible], who kept a steady pace throughout the race.

Train for uphill course

Read race materials and attend the briefing for important instructions, which is usually held the night before the race.

Aside from speed training and long runs, do hill training or simply climb the stairs or street trails with a stepper machine. These activities which simulate hill running, will help improve one's endurance in running uphill and downhill, river crossing and mountain climbing.

Gear up

According to [illegible], author of "The Runner's Sourcebook," for every 20 minutes of running, one can lose between six and 12 ounces of fluids. So for every race you join, never expect a water station every 15 minutes.

A 21-km trail run is different from the half-kilometer road run, so anticipate the worst things. Organizers might run out of water, or the next water station might be available after 30 to 45 minutes. Bring a hydration pack; don't worry about the discomfort of carrying extra weight because it will always save your whole run.

Also, buy good quality trail running shoes. Wear a running cap and put on sunblock, since trail running will finish longer than a road race and you will be more exposed to heat.

Finish what you started!

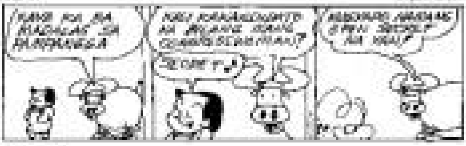
Like any runner who crosses the finish

HOW TO TRAIN/C2

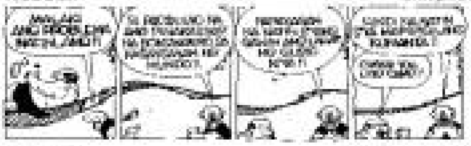
GARFIELD — By Jim Davis



A. LIPIN — By Jess Abrera



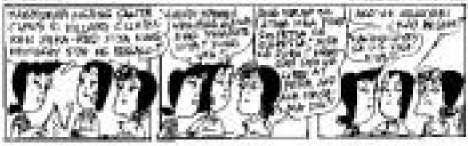
PUGAD BABOY — By Pol Medina Jr.



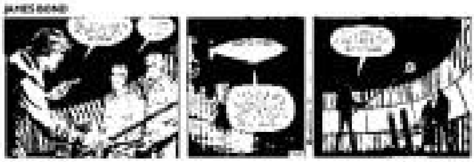
DICK TRACY



LOVELINES — By Elizabeth Chionglo



JAMES BOND



DIVINE COMEDY — By Steven Pabalinas



BABY BLUES — By Jerry Scott



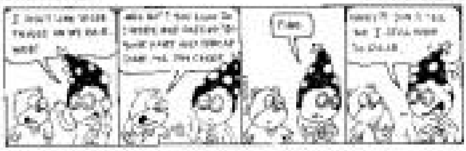
TULDOK — By Mark Cell



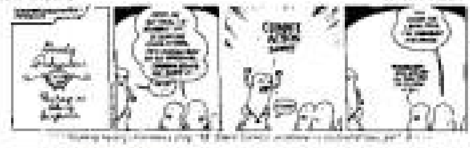
BEN — By Daniel Shelton



ATOMO AND WESOY — By Lisa Garcellano



KIKO MACHINE — By Manix Abrera

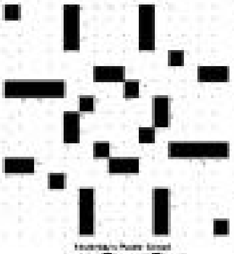


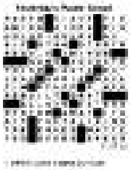
HOROSCOPE

CROSSWORD PUZZLE

ACROSS

DOWN





CONCEPTIS SU DOKU

Conceptis Sudoku

9		3						1
	1			9			3	
			3	7				2
			4		2	7		
	9	8				6	2	
		6	5		9			
7				3	5			
	8			2			5	
5						8		6

Difficulty Level ★★

HOW TO PLAY SU DOKU

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.
Tips and programs at www.sudoku.com

Answer to previous puzzle

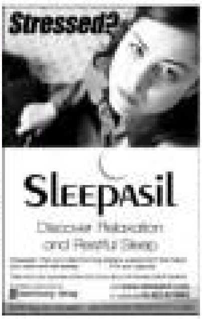
7	2	3	9	5	8	1	4	6
8	6	1	4	7	2	5	9	3
5	4	9	3	6	1	8	2	7
9	3	6	7	8	5	2	1	4
4	1	5	6	2	3	9	7	8
2	8	7	1	4	9	3	6	5
3	5	4	2	9	6	7	8	1
6	9	8	5	1	7	4	3	2
1	7	2	8	3	4	6	5	9

Focus on happy thoughts . . .

Tips for working women

How to train for trail running

Relax



Have enough funds for a big dinner? Find out instantly.







Manage stress by knowing one's body



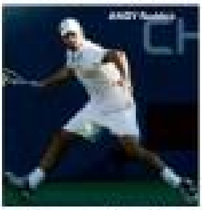
INSIDE OUT

Cory Quirino

What's next after prevention

Wellness day

What is the tool of tennis, badminton champs?



Do spirits of the dead exist?



INNER AWARENESS

Jaime T. Licauco

"There are two ways to be fooled: One is to believe what is not so; the other is to refuse to believe what is so"

Schmeidler study

ENTERTAINMENT

Cat Stevens on tour again



LONDON—BRITISH FOLK SINGER YUSUF Islam took the stage in Dublin (left) on Sunday on his first full tour since 1976, when he was still known as Cat Stevens and was famous for "Father and Son" and "Wild World." The "Yusuf I'll Take My Time Tour" continues to Birmingham (Nov. 23), Liverpool (Dec. 3) and London (Dec. 8). Reuters

Sarah Geronimo's new Christmas album climbs to No. 3 overall

THE TOP-SELLING ALBUMS IN THE Philippines for the week Nov. 2-8, based on Odyssey Music & Video store chain's nationwide sales reports:

Overall

1) "Romance Revisited: The Love Songs of Jose Mari Chan (Exclusive Minus One Edition)," Christian Bautista, Universal Records; 2) "This Is It," Michael Jackson, Sony Music; 3) "Your Christmas Girl," Sarah Geronimo, Viva Records; 4) "Ikaw Na Nga," Willie Revillame, Star Records; 5) "Big Bang," Big Bang, MCA Music; 6) "Renditions of the Soul," Nina, Warner Music; 7) "May Bukas Pa (Teleserye Soundtrack)," Various Artists, Star Records; 8) "Giling Giling," Willie Revillame, Star Records; 9) "No 1," Marita Herrera & Gary Valenciano, Universal Records; 10) "Twilight Saga: New Moon Soundtrack," Various Artists, Warner Music

OPM

1) "Romance Revisited: The Love Songs of Jose Mari Chan (Exclusive Minus One Edition)," Christian Bautista, Universal Records; 2) "Your Christmas Girl," Sarah Geronimo, Viva Records; 3) "Ikaw Na Nga," Willie Revillame, Star Records; 4) "Renditions of the Soul," Nina, Warner Music; 5) "May Bukas Pa (Teleserye Soundtrack)," Various Artists, Star Records; 6) "Giling Giling," Willie Revillame, Star Records; 7) "No 1," Marita Herrera & Gary Valenciano, Universal Records; 8) "Pray: The Mysteries of the Holy Rosary," Various Artists, Star Records; 9) "Padre, Maraming Salamat Para Cory C. Aquino," Various Artists, Star Records; 10) "Music & Me, Sarah Geronimo," Viva Records



SARAH Geronimo

'Crystal' voice and standards



MARI NALLOS: [illegible] Amy Winehouse: "[illegible]"

By Pocholo Concepcion

IT'S ALMOST MIDNIGHT ON A Tuesday at InterCon Hotel's Cara [illegible] bar and a burly Caucasian can't contain his excitement over the music.

The guy keeps cheering the lone female singer, Mari Nallos, a London-bred Filipina who looks too young to be doing a repertoire of standards, but whose version of "Fly Me To The Moon" is enchanting.

Every now and then, she signals the piano player and shifts tempo—Latin jazz, R&B, pop—but the voice remains smooth, crystal-clear, with a hint of supple texture. It's the voice that so positively impressed the late [illegible], who promptly tagged Nallos as "The Crystal Voice of Asia" after watching her perform several years ago.

The title got entangled in a bit of controversy when ABS-CBN used the same sobriquet for its talent [illegible] and Nallos' manager protested.

But Nallos need not give a damn, because what she can deliver is more than all the sounding hype.

Good-size crowd

Her Tuesday gigs at InterContinental attract a good-size crowd, although there are slow nights when maybe just six people are left by the time Nallos finishes her third set. Thing is, if those six people go to bed happy, then Nallos would've done a mighty job.

'Harry Potter' star denies smoking pot

'Crystal

P3M tax-free fo

John Estrada d



Voice' . . .

What she needs

r 'cool' gal

efends himself

CINEMA ACCESS: 395-5555

MOVIEWORLD

ROBINSONS MOVIEWORLD CINEMA MOVIE GUIDE

GALLERIA

1 2012
2 2012
3 ALL ABOUT STEVE
4 2012
5 ANG TANGING PAMILYA
6 2012 (2D)
7 ASTROBOY / I LOVE DREAM GUYZ
8 ANG PANGGAGAHASA KAY FE
9 LAW ABIDING CITIZEN
10 MICHAEL JACKSON: THIS IS IT

ERMITA

1 MICHAEL JACKSON: THIS IS IT
2 2012
3 2012
4 PATIENT X / 2012
5 ANG TANGING PAMILYA
6 LAW ABIDING CITIZEN
7 ALL ABOUT STEVE

METRO EAST

1 2012
2 2012
3 ANG TANGING PAMILYA
4 2012
5 ASTROBOY
6 MICHAEL JACKSON: THIS IS IT
7 LAW ABIDING CITIZEN
8 PATIENT X

NOVALICHES

1 MICHAEL JACKSON: THIS IS IT
2 PATIENT X
3 ANG TANGING PAMILYA
4 2012

PIONEER

1 2012
2 ANG TANGING PAMILYA
3 MICHAEL JACKSON: THIS IS IT
4 2012



STA. ROSA

1 2012
2 MICHAEL JACKSON: THIS IS IT
3 LAW ABIDING CITIZEN
4 ANG TANGING PAMILYA

LIPA

1 LAW ABIDING CITIZEN
2 MICHAEL JACKSON: THIS IS IT
3 2012
4 ANG TANGING PAMILYA

DASMARIÑAS

1 PATIENT X
2 2012
3 ANG TANGING PAMILYA
4 500 DAYS OF SUMMER

IMUS

1 ANG TANGING PAMILYA
2 2012
3 MICHAEL JACKSON: THIS IS IT
4 ALL ABOUT STEVE

STARMILLS

1 PATIENT X
2 500 DAYS OF SUMMER
3 THE FINAL DESTINATION
4 ANG TANGING PAMILYA
5 2012
6 2012

ANGELES

1 2012
2 ANG TANGING PAMILYA
3 LAW ABIDING CITIZEN
4 PATIENT X

TACLOBAN

1 MICHAEL JACKSON: THIS IS IT
2 PATIENT X
3 THE ECHO

BACOLOD

1 MICHAEL JACKSON: THIS IS IT
2 ANG TANGING PAMILYA
3 2012
4 HALLOWEEN 2
5 2012
6 LAW ABIDING CITIZEN

ILOILO

1 2012
2 2012
3 ANG TANGING PAMILYA
4 ASTROBOY
5 THE CARRIER
6 RED CLIFF

GEN. SANTOS (NOW OPEN!)

1 MICHAEL JACKSON: THIS IS IT
2 ANG TANGING PAMILYA
3 2012
4 PANDORUM

At the Cinemas

GLORIETTA 4

GREENBELT 1

GREENBELT 3

ALABANG TOWN CENTER

TRINOMA

MARKET! MARKET!

AYALA CENTER CEBU

MARQUEE



Ayala Malls

LOVE TO WATCH!

At the Malls

GLORIETTA

November 17-29, Glorietta 5 Atrium

GREENBELT

New Moon Bookmarks at Greenbelt 3 Cinema, November 13-29

ALABANG TOWN CENTER

10 to 10 Town Sale
November 20-22 & 27-29, Madrigal

MARKET! MARKET!

Spongebob Square Pants live at the Ayala Malls
Stories from Bikini Bottom
December 4-6, 1pm, 3:30pm & 6pm, Activity Center

BONIFACIO HIGH STREET

November 20-22, Activity Pod near Nine West

TRINOMA

Spongebob Square Pants live at the Ayala Malls
Stories from Bikini Bottom
November 19-22, 1pm, 3:30pm & 6pm
Activity Center

ONSTAGE

Jack and The Beanstalk
August 8 - December 10, 2009
For more details, please call
Rep at 887-0710



Glorietta · Greenbelt · Alabang Town Center · Ayala Center Cebu · Market! Market! · Bonifacio High Street · TriNoma · Marquee Mall

New stars need to go the distance

VIEWFINDER
Nestor U. Torre





'Montano: First Impressions'

'Sex and the City'

Tinio's fifth book

'Jed Madela: One Voice'

Mood-enhancing hidden gems

By Pocholo Concepcion

Johnny Alegre



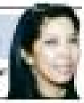


Aya Yuson

REVIEW

John Estrada defends himself

DOLLY WOOD
Dolly Anne Carvajal



Back in love

Facebook chum

About Kris...



₱3M tax-free for 'cool' gal

